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NEWS
WORTH
SHARING.

Ehh, who's up doc?

3 N.S. women vying for position of president-elect of Canadian Medical Association

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OptiMYz in the YHZ

Atlantic Canada's biggest health and wellness fair brings together the fit, the unfit and the uber fit

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Israelis honour polarizing figure

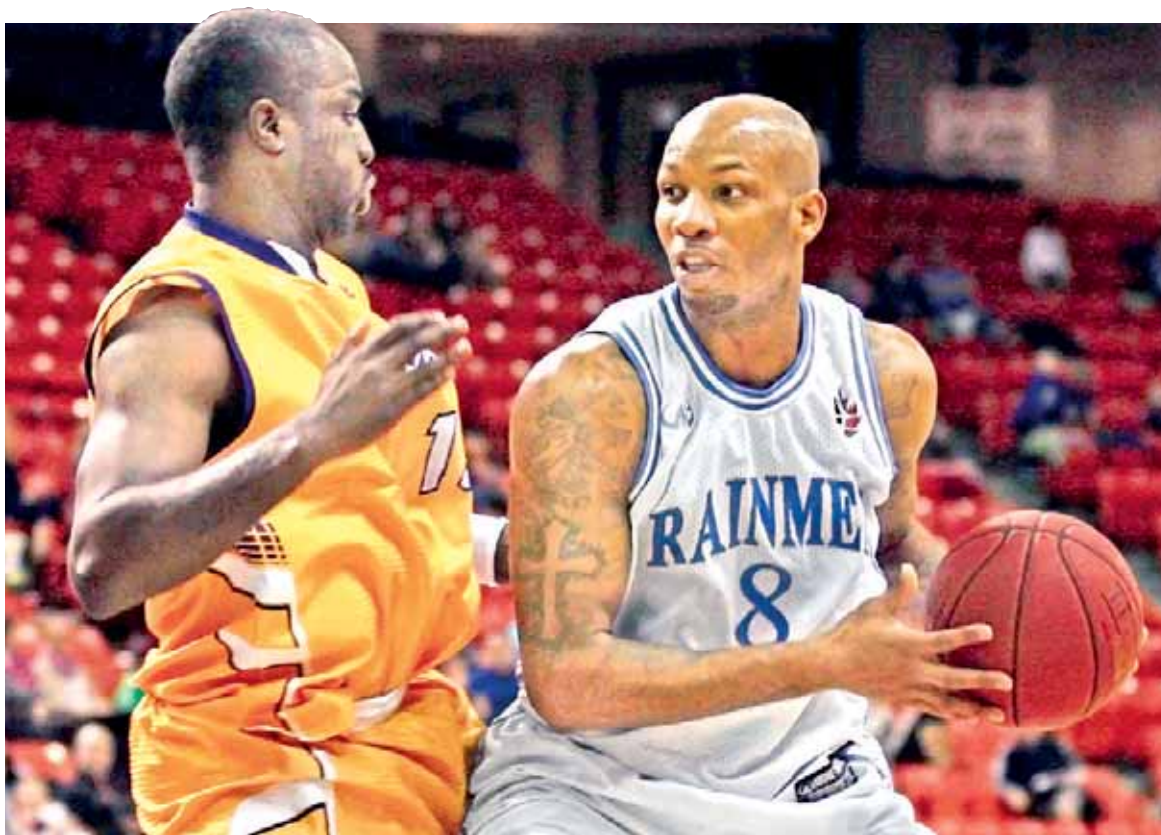
Ariel Sharon was seen as both war criminal and war hero

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AMERICA'S NEW SWEETHEART HUSTLES (DOESN'T TRIP) TO NAB GLOBE

J-LAW, CRANSTON AND GOOD HOSTS FOR THE WIN!

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TOUGH RAIN, BUT NO STORM

The Halifax Rainmen's Jason Williams, right, tries to get around the Island Storm's Antwi Atuahene during National Basketball League of Canada action at the Halifax Metro Centre on Sunday afternoon. The Rainmen rallied from a 10-point halftime deficit to beat the Storm 96-88. Story, page 17. ANDREW RANKIN/METRO

Clear bags back on table

Trash talk. Report also recommends cutting garbage bag limit down from six to four

Quoted

"If you're putting out six every two weeks, you're probably doing it wrong." Deputy Mayor Darren Fisher

A report from city staff has resurrected the formerly contentious proposal to require the use of clear garbage bags for curbside collection in HRM.

The staff report on the city's Solid Waste Resource Management Strategy contains several recommendations, including one to reduce the maximum number of curbside garbage bags from six to four and to mandate clear bags — with one "nested opaque" bag.

Although a proposed shift to clear bags provoked public outrage a few years ago, Coun. Lorelei Nicoll said she saw consistent support for it at public consultations over the fall.

"That first night ... everyone there that got up to speak said, and put it on the board, 'introduce clear bags,' because they ultimately want to divert more at the curb," she said.

Nicoll said a shift to clear

bags would have to be accompanied by a concerted education campaign about recycling and composting.

Deputy mayor Darren Fisher said he wasn't concerned about clear bags, but wondered if a reduction in the maximum number of bags was needed.

"I hardly ever see anybody with more than three or four bags now, since we've put everything in the blue stream," he said.

The staff report also includes recommendations to change what goes into green bins, and improve curbside education and monitoring, particularly for apartment tenants.

The report will be discussed at Halifax regional council's Committee of the Whole meeting on Tuesday.

RUTH DAVENPORT/METRO

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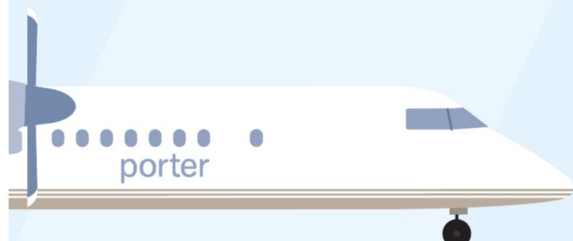
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Debating Otter Lake landfill

'Why did we spend \$200K?' New staff report recommends keeping landfill open past 2024



RUTH DAVENPORT
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Halifax regional councillors are poised for a debate Tuesday that could finally settle the question of key changes that city staff are recommending for the Otter Lake landfill — changes residents of the surrounding community have vehemently opposed.

A staff report on the Solid Waste-Resource Management Strategy review recommends shutting down the front-end processor (FEP) and waste stabilization facility (WSF) at Otter Lake, and keeping the landfill in operation past 2024.

Residents of the host community said consistently during a public consultation process last fall making the changes would violate a written agreement signed by the city in 1996.

"Why did we spend \$200,000 asking the public what they wanted when the

Committee of the Whole

Halifax Regional Council's Committee of the Whole will debate the staff report and recommendations starting at 10 a.m. on Tuesday.

only thing that seems to matter is what (CAO) Richard Butts wants?" said Ken Donnelly, a consultant for the landfill's citizen-led Community Monitoring Committee.

The staff report suggests other proposed changes — improving the diversion of compost and household "special handling" waste and exporting industrial, commercial and institutional waste out of HRM — would reduce the amount of organics going to Otter Lake from 25,000 to 5,000 tonnes in the next three years.

"The outlined changes would essentially empty the WSF facility," states the report.

Donnelly said he's skeptical of the promised reduction.

"Let's see that happen," he said. "If the WSF is empty, as they say, then let's close it down. But let's not close it down with a promise that ... we're going to achieve all the



The Otter Lake landfill is shown in this file photo. JEFF HARPER/METRO

stuff we couldn't achieve over the last 14 years."

Donnelly said the council chambers will be packed Tuesday with concerned residents

waiting to see what council decides on the landfill's future.

"What these recommendations represent is replacing the community-developed

and world-renowned waste management system in HRM with the Toronto waste management system," he said. "I think the choice is very clear."

Wild weather leaves thousands in HRM in the dark



The Lion's Head Tavern's Robie Street sign lays damaged. JEFF HARPER/METRO

Thousands of Nova Scotia Power customers were in the dark Sunday after high winds and heavy rain battered the region.

More than 20,000 customers were without power Sunday morning — mostly in the Halifax area — although that number had dropped to around 1,100 by early afternoon, the utility said.

Spokeswoman Neera Ritcey

said crews were replacing a utility pole that caught fire in the Burnside Industrial Park in Dartmouth.

"Overnight we saw very, very strong winds gusting to over 100 kilometres per hour in certain areas," said Ritcey. "In conditions like this, sometimes sparking can occur leading to a pole catching on fire."

There were also reports of siding being blown off homes,

and at the Lion's Head Tavern in north-end Halifax, the high winds toppled over their Robie Street sign.

Halifax Regional Police saw an unusually high volume of calls Saturday night during the rainstorm, said Staff Sgt. Bill Morris on Sunday afternoon.

There were 235 calls when an average Saturday during the winter months would usually see 175 to 190 calls,

Morris said.

"I would have to say there was quite a few related to the storm," he said.

Many of the extra calls were likely related to power outages, Morris said, since house alarms tend to go off when the electricity comes on after being knocked out and police have to respond to those calls.

THE CANADIAN PRESS/WITH FILES FROM METRO HALIFAX

1 NEWS



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WARM UP

Medical association comes east

National stage. First all-female slate of presidential candidates hail from Nova Scotia

For the first time ever, three Nova Scotian women are in the running to become president-elect of the Canadian Medical Association.

From Jan. 22 to Feb. 26, physicians across the province will cast their vote between Dr. Cindy Forbes, Dr. Maria Alexiadis, and Dr. Cathy Felderhof to decide who will go on to be the seventh woman to hold the title since the association began in 1867.

"It's to be expected when one sees the increasing number of women entering the medical profession," said Nancy MacCreedy-Williams, CEO of Doctors Nova Scotia.

"It's a great sign." Whoever wins the election will appear before the CMA's general council this August to be named president-elect, and become president in the summer of 2015.

One of the women will be the first Nova Scotian president since 1996-97, because the position rotates among the 12 provincial and territorial medical associations.

"It's so Canadian, it's just the way we do things," said

current CMA president, Louis Francescutti.

Felderhof is a general-practice doctor based in Canso, and First Nations staff doctor in Pictou Landing.

Forbes and Alexiadis are both family doctors in HRM, former presidents of Doctors Nova Scotia, and good friends.

"(That's) the good and the bad," Alexiadis, who is based in Bedford, said with a laugh. "In the spirit of collaboration I'm sure we'll all help each other after the election is over."

Alexiadis said she'd like to work on long wait lists, chronic disease, and being vocal about how mental health and addictions should be treated as chronic diseases and "funded accordingly."

Forbes, based out of Fall River, said physical activity and improving Canadians' eating habits would go a long way to cut down on chronic diseases.

She said although the province doesn't necessarily have more female doctors, there's a lot of support and mentorship at the local level which "filters up through leadership positions."

Having a Nova Scotian at the federal level could also help our specific issues on long-term care and fewer resources by seeing where they overlap with other provinces, said Forbes. **HALEY RYAN/METRO**

"Women often reach out and support and help each other, so for me that's been a big factor."

Dr. Cindy Forbes



Dr. Maria Alexiadis, inset, and Dr. Cindy Forbes are both candidates for president-elect of the Canadian Medical Association. **JEFF HARPER/METRO**

N.S. reports 2 flu-linked deaths, urges immunization

Health officials in Nova Scotia are urging middle-aged residents to get an influenza vaccination after two people in that age group with underlying health conditions died of the H1N1 strain.

Frank Atherton, the province's deputy chief public-health officer, said people over

65 and children under five are normally the most vulnerable, but this flu season has seen a slight increase in the number of middle-aged people affected by the virus.

"It looks like this is a fairly normal flu season in terms of the number of cases, the number of hospitalizations and the

number of deaths," he said Friday. "What's different this year is that the main burden of illness ... is occurring in middle-aged adults rather than the seniors population, which normally bares the brunt of influenza-related illness."

Atherton would not give the ages of the two victims, but he

said they were both under 65.

It's believed that many seniors can cope with the H1N1 virus because they have been exposed to it in the past or had flu vaccinations in previous years that gives them partial protection, he said.

"People in the adult years who perhaps have been tend-

ing less to have vaccinations and may not have suffered as much flu in the past, they're more vulnerable because they've not encountered the virus before."

Atherton said between two and 10 people die of the flu each year in Nova Scotia.

THE CANADIAN PRESS

Confirmed cases

19

The government says there have been 19 confirmed cases of the H1N1 strain since early December.

Dartmouth

Missing patient from forensic hospital found

A 21-year-old man missing from the East Coast Forensic Hospital in Dartmouth was located safely on the weekend.

Maxim Baril-Blouin went missing Wednesday during a supervised outing into the community in what Aileen Brunet, the hospital's clinical director, described as an "uncom-

mon" occurrence.

Brunet said hospital staff were primarily concerned about Baril-Blouin's disappearance because of an unspecified but "relatively serious" medical condition.

In a news release issued Friday, Capital Health said Baril-Blouin posed an increased risk to himself and others the longer he was away from medication and treatment.

It was announced Saturday that he had been located safe and sound. **METRO**



Maxim Baril-Blouin was located on Saturday after going missing from the East Coast Forensic Hospital. **CONTRIBUTED**

Historic Properties

Man robbed on Halifax waterfront has iPhone stolen

Police are looking for two men after someone says they were robbed shortly after getting off the harbour ferry on Saturday night.

The 21-year-old man had gotten off the ferry and was walking in the area of the Historic Properties towards the Marriott hotel when the robbery

occurred at around 11:30 p.m.

The victim claims two men came up behind him, shoved him against the wall and then pressed something up against his back.

He says the suspects searched his pockets and stole his iPhone 5C before running towards Lower Water Street.

The victim wasn't injured and called police when he returned to his home in Cole Harbour. **METRO**

Ephedrine

Pair charged for shady exports

Two people are facing charges of exporting a controlled drug precursor through an Internet business. The Canadian Border Services Agency charged Barry James MacKinnon, 63, of Upper Sackville and Kelly MacKinnon, 36, of Charlottetown, P.E.I., for allegedly exporting more than three million ephedrine tablets in 2013. **METRO**



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Grisly testimony. Jury shown autopsy photos at Amber Kirwan trial

The jury hearing evidence in the first-degree murder trial of Christopher Falconer has been shown autopsy photos taken after the stabbing death of 19-year-old Amber Kirwan.

A forensic identification officer for the RCMP also showed the 13-member jury on Friday photographs taken the day Kirwan's body was found buried in a shallow grave in the woods near New Glasgow.

That was on Nov. 5, 2011 — almost a month after Kirwan was last seen leaving a pool hall in New Glasgow.

In all, Sgt. Darlene MacEachern had presented more than 200 photographs by the time her testimony concluded Friday — the fifth day of the trial in Pictou.



Amber Kirwan
CONTRIBUTED

Falconer was charged in May 2012 and he later pleaded not guilty to the charge.

The Nova Scotia Supreme Court case resumes Monday. **THE CANADIAN PRESS**

Bedford incident. Man pulls knife on kids at sledding hill, police say

Several kids were allegedly threatened at knifepoint at a sledding hill in Bedford following an argument with an unidentified man.

Halifax Regional Police say the man warned the young sledders, aged 12 to 13, from a parking lot at Basinview Drive Community School on Friday night about using "foul lan-

guage."

They exchanged words, after which the man allegedly ran over, threw two of the kids to the ground and threatened them with a knife in his hand.

He then fled on foot.

No one was injured in the incident. Police attempted to locate the suspect with a K-9 unit, but were unsuccessful. **METRO**

Local high school

Cops investigate child porn case

Halifax RCMP are investigating a child pornography complaint at a local high school.

According to a statement from the Halifax Regional School Board, a female student at Auburn Drive High School complained to the school administration Wednesday afternoon.

She said a male student shared a photo of her with his friends without her permission.

According to the board, the school spoke with the male student, who confirmed he had shared the photo.

School officials contacted the school's RCMP liaison officer on Thursday, said RCMP spokesman Sgt. Al LeBlanc. **METRO**

Separate cases

Two struck at crosswalks in city's north end

Two people were ticketed after separate incidents of pedestrians being struck while using crosswalks in north-end Halifax.

A 51-year-old woman was crossing the intersection at Robie and Young streets shortly after 7 a.m. Friday when she was hit by a driver turning left.

The driver — a 42-year-old man from Lower Sackville — was ticketed with failing to yield to a pedestrian in a crosswalk.

Shortly before noon, a 65-year-old woman was hit by a vehicle turning right from North Street onto Agricola. The 44-year-old driver was ticketed by police. Neither victim was seriously hurt. **METRO**



Canadian Olympic runner Celia Peters answers a question from the audience as fellow Olympians Custio Clayton and Genevieve Orton look on Saturday afternoon. **GEORDON OMAND/FOR METRO**

Keeping fit, having fun at health expo

Motivation to get fit.
Weekend wellness fair attracts thousands from across Atlantic Canada

GEORDON OMAND
halifax@metronews.ca

It is no coincidence that Atlantic Canada's largest health and wellness fair took place less than two weeks into 2014.

Achieving a healthier lifestyle is a common New Year's resolution, and in pursuit of their wellness goals, thousands of Maritimers travelled from across the region on the weekend to attend the OptiMYz Live Health Expo.

The two-day event — organized by the producers of

OptiMYz Magazine and hosted in the Cunard Centre on Halifax's waterfront — brought together regional businesses and organizations and the public to discuss and learn more about topics like fitness, exercise, nutrition and general well-being.

"January is when our audience is thinking the most about their health, their fitness and their nutrition," said show manager Jonathan Dean.

"We wanted to provide something different than just a general health or fitness show."

Now in its sixth year, the OptiMYz expo hosted a crossfit competition and a panel discussion with Canadian Olympic athletes. It also showcased various interactive demonstrations, featuring pole sports, martial arts and healthy cooking.

"When you're around a collective group of health and

In numbers

5,000

The number of people estimated to have attended the two-day expo.

wellness people, you can't help but take in the vibe," said keynote speaker Jana Webb.

Five years ago, Webb founded Joga, a new style of yoga for pro and urban athletes.

Also represented at the expo were several regional events, including the Halifax-based Blue Nose Marathon.

"There are a lot of people (here) that are fit and want to get fitter, but there are a lot of people that are not fit but want to become fit," said marathon founder Gerry Walsh. "I think it's a good mix."

It was not 11-year-old Alex



Jack McAnespy, front, and Jeremy Landry compete in a crossfit event. **GEORDON OMAND/FOR METRO**

Blight's first time at a health expo.

"I've been to a couple of these before and I've always loved them," he said.

Halifax native David Rowe, 25, was on hand to check out prices for fitness equipment.

"It's a great resource," said the former personal fitness trainer about the expo. "I'd recommend this to anybody."

Car drives into Tim Hortons

No one was injured when a vehicle crashed through the wall of a Tim Hortons in the Sydney area on Sunday morning.

According to early reports from police, mechanical problems with the Toyota Rav4 are believed to

have caused the accident at the Tim Hortons location in Whitney Pier.

The driver of the vehicle was not injured and the customers and staff inside the restaurant all escaped injury.

The location was closed

after the accident and the inside operation was expected to remain that way for the next couple of days as damage was assessed and repairs made.

The drive-thru at the location was expected to re-open later Sunday. **CAPE BRETON POST**



Scene of the crash **CAPE BRETON POST**

The meek shall inherit the girth — world's poor becoming fat

Tipping the scales. Obesity no longer a first-world problem as more and more countries battle the bulge



ELISABETH BRAW
Metro World News in London

For generations, Mexicans have enjoyed aguas frescas, a healthy thirst-quenching beverage. But today, they drink the most soda per capita in the world.

And the effect is showing up on health statistics: Today 33 per cent of Mexicans are obese, which makes them even fatter than the United States (32 per cent), according to the UN's latest figures.

"People's palates have been kidnapped," says Xaviera Cabada, nutritional health co-ordinator at El Poder del Consumidor, a Mexican nutrition organization. "People have become so used to salt and grease in junk



Fat fact: Overweight and obesity rates have almost doubled in Mexico since 1980, says U.K. think-tank Overseas Development Institute. GETTY IMAGES

food that when they cook traditional dishes, they use more grease."

Yet overweight Mexicans don't live in opulence. On the contrary, they're usually low-income earners.

Around the world, the poor are becoming fat. Just as Mexicans are abandoning

their healthy grain- and fruit-based diet, others are ditching their inexpensive fare in favour of fast food.

According to the World Health Organization, obesity is still less common in low-income groups, but being poor is no longer a guarantee against the bulging waistline.

"Obesity is a big-time problem," says Hank Cardello, director of the Obesity Solutions Initiative at the Hudson Institute in Washington, D.C., and author of *Stuffed: An Insider's Look at Who's (Really) Making America Fat*.

"In the U.S. alone, it costs around \$200 billion per year,"

Cardello said. "And there's the personal cost: Obesity is the portal to diseases like diabetes."

Nowhere is the obesity trend stronger than in Latin and South America's growing economies. Peru now has more fast-food restaurants per capita than any other country. In Guatemala, half of children suffer from anemia and stunting, while half of women are either overweight or obese.

"It's already showing results in obesity-related illnesses," reports Cabada. "So many people have diabetes now. If you ask a room full of Mexicans if they have diabetes, 80 per cent will say yes. And some people with normal weight have nutrition-related illnesses as well."

In 2011, 81,000 Mexicans lost their lives to diabetes — three times as many as were killed in the country's escalating drug war.

But even though countries face huge health-care costs, nobody can force people to eat better — or companies

In poor taste

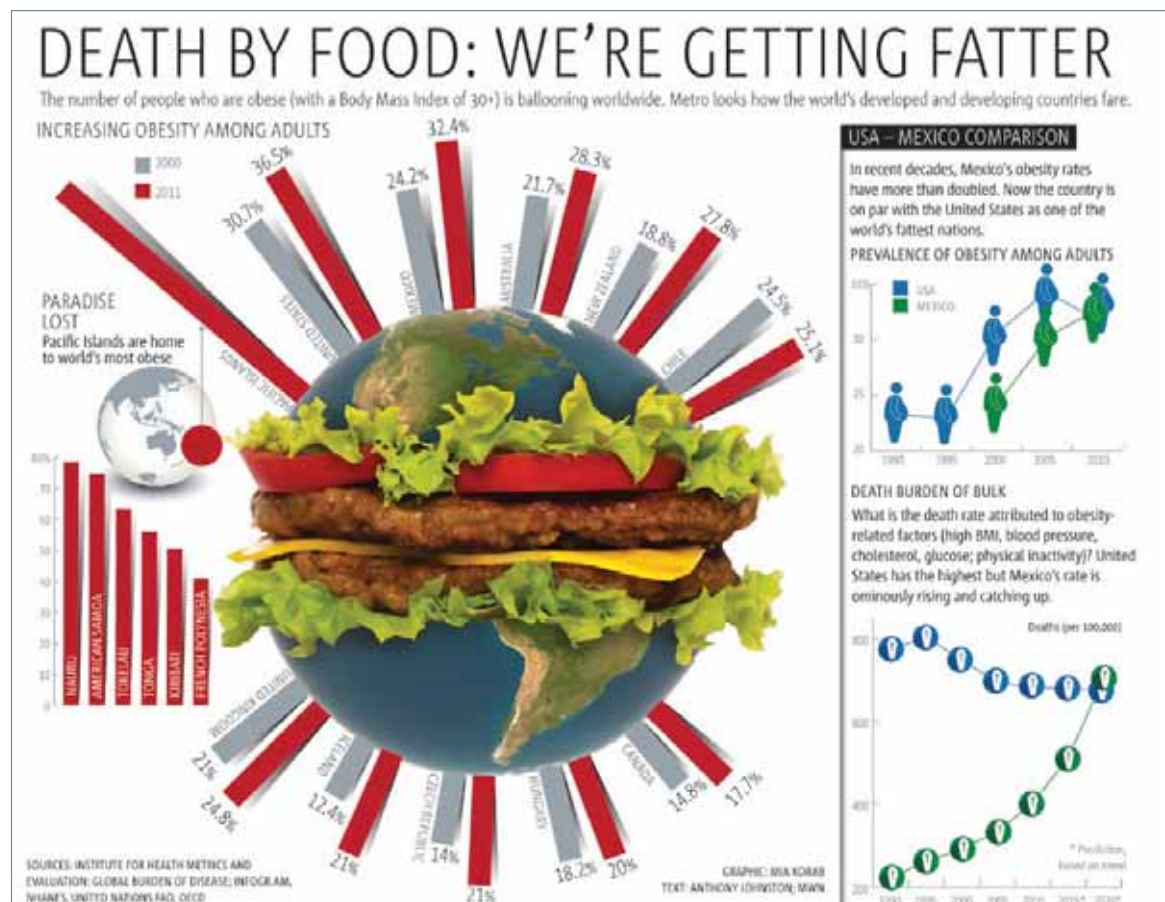
"People have become so used to salt and grease in junk food that when they cook traditional dishes, they use more grease."

Xaviera Cabada, expert at Mexican nutrition group El Poder del Consumidor

to make healthier food. The answer, says Cardello, is to show food giants that they'll improve their bottom line by reducing calories in their products.

"People want their Coke and potato chips," said Cardello. "The answer is not to take bad products off the shelf but to introduce healthier ones."

Even so, switching to a healthier cousin of the potato chip is just a Band-Aid on the global fast-food addiction. But Cabada sees a ray of hope: "Here in Mexico, people are noticing that they're getting fatter, so they're becoming more alert."



Top 5 good fast-food innovations

Burger King Satisfies

French fries coated with a batter that helps the food product absorb less fat.



Campbell Soup Goldfish Puffs

A healthier version of the famous Goldfish snack, they're air-puffed, gluten-free and contain fewer calories.



McDonald's Premium McWraps

Sandwiches contain cucumber, tomatoes and lettuce. The chain has also introduced side salads as an alternative to fries.



General Mills Green Giant Roasted Veggie Tortilla Chips

The brand plans to introduce 10 more vegetable snacks.



Kraft colour-free Mac and Cheese

The all-American staple will now be sold in its natural colouring instead of using a bright artificial dye.





Former Israeli prime minister Ehud Olmert stands in front of the coffin of Ariel Sharon at the Knesset plaza in Jerusalem on Sunday. Sharon, the hard-charging Israeli general and prime minister who was admired and hated for his battlefield exploits and ambitions to reshape the Middle East, died Saturday, eight years after a stroke left him in a coma from which he never awoke. He was 85. ODED BALILTY/THE ASSOCIATED PRESS

Israelis offer final goodbyes to Ariel Sharon

'There will never be anyone else like him.' Former comrades, political allies and regular citizens flock to Jerusalem to pay respects to late leader

Israelis from all walks of life flocked to parliament Sunday to catch a glimpse of Ariel Sharon's coffin and pay their final respects to the iconic former prime minister and general.

A stream of visitors ranging from former army comrades to political allies to citizens

who only knew him from afar remembered Sharon as a decisive leader, for better or for worse, and one of the final heroes of Israel's founding generation.

"Those who didn't know him from up close can't truly understand what a legend he was," said a choked-up Shlomo Mann, 68, who served under Sharon's command in the 1973 Mideast war. "There will never be anyone else like him."

The 85-year-old Sharon died Saturday, eight years after a stroke left him in a coma.

In a career that stretched across much of Israel's 65-year existence, his life was closely intertwined with the

country's history. As one of Israel's most famous generals, the man known as "Arik" was renowned for bold tactics and an occasional refusal to obey orders. To his supporters, he was a war hero; to his critics, a war criminal.

As prime minister late in life, he was embraced by the public as a grandfatherly figure who provided stability in times of turmoil.

A state memorial is planned for Monday at parliament, followed by a funeral service at Sharon's ranch in southern Israel. U.S. Vice-President Joe Biden, former British Prime Minister Tony Blair and others are expected to attend the ceremonies. **THE ASSOCIATED PRESS**

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Chemical spill keeps businesses closed

West Virginia. At least a million litres of water delivered to deal with disaster at Freedom Industries facility

Frustration is mounting for many of the 300,000 West Virginia residents who have gone

without clean tap water since a chemical spill on Thursday.

Business owners with empty dining rooms and quiet aisles of merchandise around West Virginia's capital city were left to wonder how much of a hit they'll take from the spill.

Most visitors have cleared out of Charleston while locals are staying home or driving out of the area to find a place to get a hot meal or a shower.

All told, 32 people have sought treatment at hospitals for symptoms such as nausea. Of those, four were admitted to the Charleston Area Medical Center but their conditions weren't immediately available.

A water company executive said it could take days before clean tap water is flowing again for the roughly 15 per cent of the state's population that is affected. **THE ASSOCIATED PRESS**

Smells like licorice:

The emergency began following complaints of a licorice-type odour in the tap water.

- The source: 4-methylcyclohexane methanol, which leaked out of a 151,400-litre tank at a facility along the Elk River.



Restaurants and businesses in Charleston, W.Va., remain closed and unable to serve customers Sunday. MICHAEL SWITZER/THE ASSOCIATED PRESS

France

'First lady' hospitalized after news of affair

The woman considered France's first lady was hospitalized after a report the president is having an affair with an actress, her office said Sunday, as a poll was released showing the French shrugging off any liaison as none of their business.

Valerie Trierweiler was hospitalized Friday — the day a magazine report and photo spread came out — for "rest and a few tests," said her chief of staff.

According to a poll, 77 per cent of those asked believed the liaison should be private. The poll was released before the hospitalization was made public.

THE ASSOCIATED PRESS

Port-au-Prince

Haitians somberly mark 4th anniversary of earthquake

Haitians paused Sunday to remember the tens of thousands of people who died in a catastrophic earthquake four years ago, holding sombre low-key commemorations on a national day of reflection.

President Michel Martelly and first lady Sophia Martelly placed a bouquet of white flowers at a potter's field north of the capital of Port-au-Prince that is being turned into an official memorial for those killed.

The 7.0-magnitude earthquake struck outside Haiti's capital on Jan. 12, 2010. Officials say more than 300,000 died, but no one knows for certain how many people lost their lives.

THE ASSOCIATED PRESS



N.Y.C. mayor caught eating pizza with a fork

New York Mayor Bill de Blasio eats pizza with a fork at Goodfellas Pizza in the Staten Island borough of New York, Friday. That's a no-no for most New Yorkers, who are very opinionated when it comes to proper pizza-eating technique. Many advocate using their hands to hold the slice, folding it like a taco and then taking a bite.

THE ASSOCIATED PRESS/NEW YORK CITY HALL

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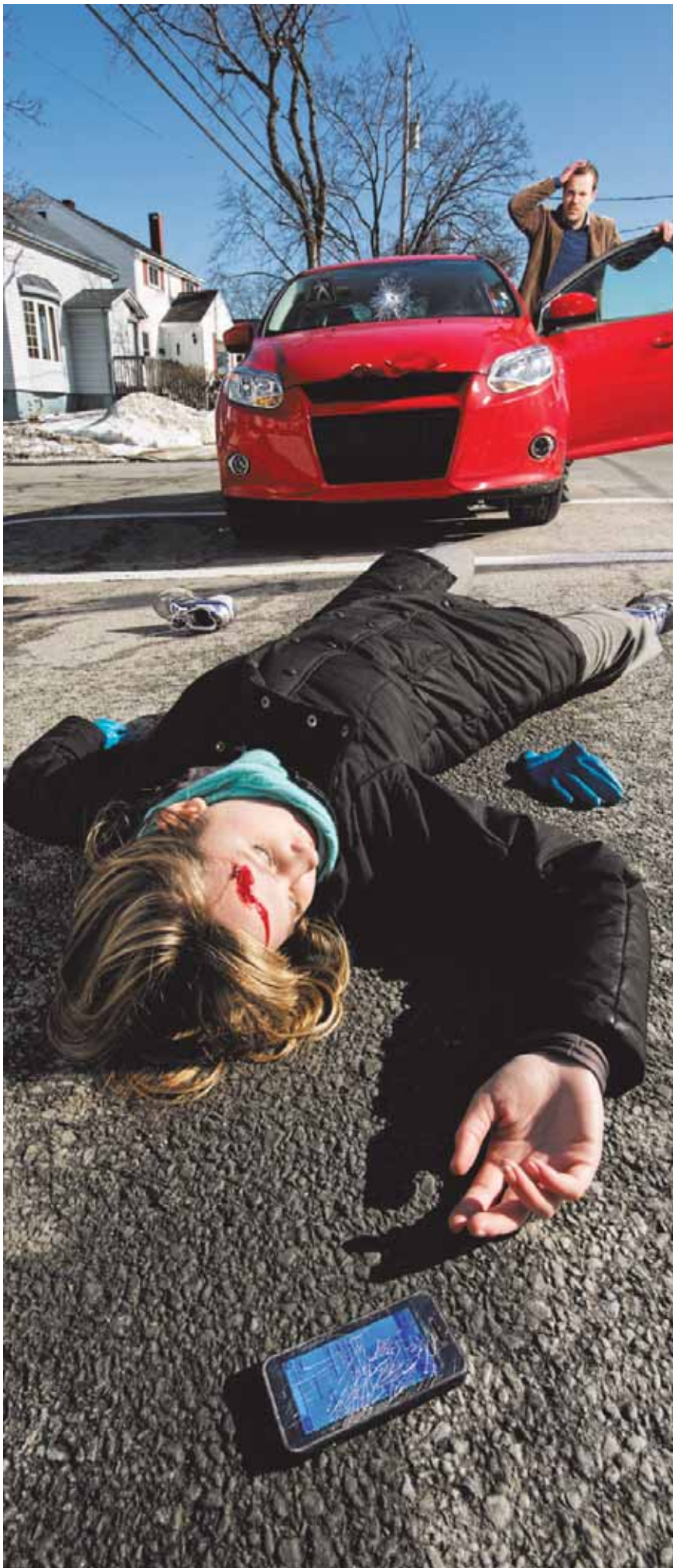
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Thai protesters show the colour of democracy

An anti-government protester holds a national flag during a speech from the stage during a rally at the Democracy Monument in Bangkok, Thailand, Sunday. The protesters want caretaker Prime Minister Yingluck Shinawatra to resign and her government replaced by a non-elected interim administration, which will implement reforms they say are needed to stop corruption and money politics. APICART WEERAWONG/THE ASSOCIATED PRESS

International deal

Iran agrees to slow down, open up nuclear program

Iran has agreed to limit uranium enrichment and to open its nuclear program to daily inspection by international experts starting Jan. 20, setting the clock running on a six-month deadline for a final nuclear agreement, officials said Sunday.

In exchange, the Islamic Republic will get a relaxation of the financial sanctions that have been crippling its economy.

The announcement that Iran and six world powers (Britain, China, France, Germany, Russia and the U.S.) had agreed on the plan for implementing an interim agreement came first from Iranian officials and was later confirmed elsewhere. Some U.S. lawmakers have been leery of the agreement, calling for tougher sanctions

against Iran.

Deputy Foreign Minister Abbas Araghchi told IRNA state television some \$4.2 billion in seized oil revenue would be released under the deal. Senior officials in U.S. President Barack Obama's administration put the total relief figure at \$7 billion.

In a statement, President Barack Obama welcomed the deal, saying it "will advance our goal of preventing Iran from obtaining a nuclear weapon."

THE ASSOCIATED PRESS

DISTRACTIONS
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Crossing the street is a shared responsibility

Put eggs in more than one basket



HOW TO ROLL
Alison Griffiths
metronews.ca

There has never been a better time to be defensive with stock market investments. Record highs of more than 25 per cent gains were reached in the American markets in 2013. Even though Canada and Europe lag, whatever happens to the U.S. in terms of a market decline will definitely affect everyone else.

An asset allocation will protect you by taking the emotion out of investing. You follow the asset allocation, not the fears, hopes and predictions littering the money world.

In 1990, Dr. Harry Markowitz won a Nobel Prize in economics after proving that diversified portfolios (don't put all your eggs in one basket) maximize return while minimizing risk.

In the end, minimizing risk is the single most important investing goal.

An asset allocation apportions your money among cash (GICs, high interest accounts), bonds and equities. The first two are often lumped together and called fixed income.

Cash is a good place to start. Its role is to cope with emergencies inside and outside a portfolio. Those outside the portfolio include unexpected expenses. Let's assume that your 100 per cent equity portfolio dropped 40 per cent in 2008-09, but you needed to withdraw some funds. Without cash you would have had to sell investments at a huge loss.

Cash inside your portfolio also allows you to tweak your asset allocation during times of stock market emergencies. Say you chose an allocation of 15 per cent cash, 35 per cent bonds and 50 per cent equities. When the markets were slammed in 2008-09, the percentage in equi-

ties declined dramatically.

Cash offered the chance to buy more equities and bring the percentage back closer to 50 per cent. Here's where an asset allocation really shines. If 50 per cent equities is your chosen amount, when it drops to, say, 35 per cent you don't fret about whether it's time to buy back into the market. You just do it based on the percentages.

Anyone who used cash to follow a chosen asset allocation during the various market declines over the past 20 years is sitting pretty now.

Every Monday

Alison Griffiths is a financial journalist, bestselling author and broadcaster. Her new investing column, **How to Roll**, will run Mondays in Metro and at metronews.ca.



Christmas comes late for astronauts

Christmas has finally arrived for the six space station astronauts.

A privately launched supply ship arrived at the International Space Station on Sunday morning, three days after blasting off from Virginia. The space station crew used a hefty robot arm to capture the Cygnus capsule as the two craft zoomed side by side at 17,500 mph.

The Cygnus is carrying 3,000 pounds of equipment and experiments for NASA, including ants for an educational project. Also on board: Eagerly awaited Christmas

presents from the families of all six spacemen as well as some fresh fruit courtesy of NASA.

NASA is relying on private industry to keep the orbiting lab well stocked in this post-shuttle era and, in four more years, possibly supply rides for U.S. astronauts as well.

Orbital Sciences Corp. was supposed to make the delivery last month, well before Christmas. But the Virginia company had to wait a month. A space station breakdown in December took priority, and NASA

bumped the flight to January in order to repair the disabled cooling system at the orbiting outpost. Then frigid weather at the launch site forced a delay. Then a strong solar storm interfered.

Launch controllers for Orbital Sciences broke into applause once robot arm operator Michael Hopkins grabbed onto the Cygnus, more than 260 miles above the Indian Ocean, northeast of Madagascar. The next major step was to bolt the capsule down onto the space station.

THE ASSOCIATED PRESS



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CHILD PORNOGRAPHY? HARDLY

The RCMP are investigating yet another child-pornography case involving local teenagers sharing intimate photos on social media.

That case — in which a boy at Auburn Drive High School allegedly circulated a picture of a female student to his friends without her permission — surfaced the same day two other local teenagers were to appear in court facing child-pornography charges in connection with Reh-taeh Parsons' suicide last year.

On that same day as well, a teenage girl in British Columbia was convicted of distributing child pornography for posting nude pictures of her boyfriend's ex-girlfriend to her Facebook page in what a CBC report described as "an attempt to humiliate the other girl and prevent the old romance from being rekindled."

Child pornography?

Canada's child-pornography laws were designed to protect children from sexual exploitation by adults. They were recom-



URBAN COMPASS
Stephen Kimber
halifax@metronews.ca

mended by a couple of different reports in the 1980s "to emphasize the special treatment children should receive." Which is why, explained one analyst, "perpetrators of child pornography would be subject to the severest punishment."

And they are. Those guilty of making or distributing child porn can be sentenced to up to 10 years in prison. Even those possessing — or just looking — can go to jail for up to five years. Those convicted often must submit DNA samples and have future relationships with young people restricted. Not to forget the public shame: Pedophiles, even within the criminal subculture, are the lowest.

So why are we using the hammer of those necessarily draconian laws to deal with teenagers — kids themselves — doing stupid things to each

other?

I'm not suggesting that sexting and the harassment and cyberbullying that often accompany it are not serious or don't need to

Think again

Canada's child-pornography laws were designed to protect children from sexual exploitation by adults.... So why are we using the hammer of those necessarily draconian laws to deal with teenagers — kids themselves — doing stupid things to each other?

be dealt with.

The problem is that invoking the hammer of child-pornography laws has two impacts — it trivializes the law it employs and, worse, the convictions probably won't withstand legal scrutiny.

Even before the B.C. conviction, the girl's lawyer had filed a constitutional challenge, asking the court to rule on whether child-pornography laws can be applied to young people.

By the time these cases are over, we may find we've wasted a lot of taxpayers' money for no good end.

ZOOM

Go Canada Go!



JEFF MCINTOSH/THE CANADIAN PRESS

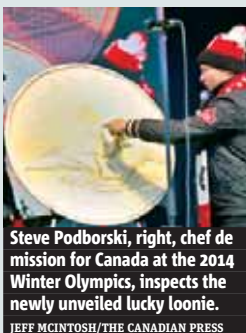
Olympians treated like rock stars

Natalie Spooner, a member of Canada's women's hockey team, high-fives Madison Armet, 13 months old, during a send-off party for Canada's Sochi-bound Olympic athletes in Banff, Alta., Saturday.

Hundreds of fans wished the country's Olympians good luck at the upcoming Games in Russia. **METRO**

Lucky charm

- The Royal Canadian Mint revealed its 2014 lucky loonie at the Banff block party.
- The coin is intended to be a good-luck charm for athletes and will be given to each member of the Canadian team. **METRO**



Steve Podborski, right, chef de mission for Canada at the 2014 Winter Olympics, inspects the newly unveiled lucky loonie.

JEFF MCINTOSH/THE CANADIAN PRESS

We've got Games

Team Canada is ready to make some noise in Sochi and Metro will be there to follow its athletes. Go to metronews.ca/gameon for the latest in video, photos, chat and news from the 2014 Winter Games.

Clickbait



LUKE SIMCOE
Metro Online

3D printing has been a tech buzzword for the past few years, and 2013 saw the phenomenon subjected to equal parts hype and hyperbole (3D-printed guns, anyone?). However, based on the offerings on display at this year's Consumer Electronics Show, 2014 may be the year when 3D printers become stable enough, user-friendly enough and cheap enough to make it into the mainstream. Here are just a few of the 3D printers that made waves at this year's CES:

MakerBot Z18:

MakerBot is definitely the company to beat when it comes to commercial 3D printers, and the Z18 is its new flagship. Capable of printing objects 12 inches wide and 18 inches tall, it's one of the largest printers on the market. It will retail for \$6,499 US and come with access to MakerBot's digital store, billed as the iTunes of 3D printing.

ChefJet:

Billed as a 3D printer for foodies, the

ChefJet can print candy, frosting and sugary garnishes. It comes with its own user-friendly software and retails for an estimated \$5,000.



GETTY IMAGES

The da Vinci:

A budget entry by XYZprinting Inc., the da Vinci was one of the most affordable printers at CES. It's expected to ship by mid-March and will sell for a paltry \$499.

Twitter



@metropicks asked: Tonight celebs at the Golden Globes will honour the best in Hollywood. Do you think these award ceremonies still matter?

@kmacnaull: Sometimes you need a break from the seriousness of the world and celebrate creativity, laughter & a great dress.

@RealMarcDunn: When fame & fortune aren't enough, only a globular hunk of metal will do. #GoldenGlobes #allwashedup

@SpenceShaun: Timeless Hollywood tradition to honor the hard work of countless individuals. Wouldnt happen if it didnt matter.

@mrscazycakes: most of the movies don't matter. Why would the awards.

@77_tree: yes, a lot of hard work and dedication is put in by these actors, its their job and this is a way to acknowledge it

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:

Send us your comments: halifaxletters@metronews.ca

Stars gather for one last big show before Oscar time

Golden Globes.

Less-polished little sister of awards ceremonies full of off-kilter moments



NED
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Metro World News in Hollywood

The stars of film and television packed the Beverly Hilton ballroom Sunday for the 71st Annual Golden Globe Awards. With the Academy Awards nominations just days away, the results from the Globes are expected to be a bigger factor than usual in this year's Oscar race.

While 12 Years a Slave lost out in its acting and directing categories, it won where it really counts, earning the Golden Globe for best drama and edging it ahead of main rival Gravity in the Oscar best picture race.

Amy Adams and Jennifer Lawrence certainly upped the chances for American Hustle, taking home best actress in a motion picture comedy and best supporting actress in a motion picture, respectively for David O. Russell's 1970s caper.

Leonardo DiCaprio earned his second career Golden Globe, taking home best actor in a comedy for the Wolf of Wall Street, making sure to poke fun at it being in the comedy category during his speech.

Matthew McConaughey and Cate Blanchett cemented their Oscar front-runner statuses with wins for Dallas Buyers Club and Blue Jasmine, respectively.



Jennifer Lawrence and her Golden Globe for her role in American Hustle.

ALL PHOTOS JASON MERRITT/GETTY IMAGES



Amy Poehler and Tina Fey returned for a second year of hosting duties. Poehler also won best actress in a TV comedy for Parks and Recreation.

McConaughey's co-star, Jared Leto, also a favorite for an Oscar nomination and win, earned the best supporting actor in a drama award for his transformative role in Dallas Buyers Club, while Alfonso Cuarón earned a Globe for his visionary directing in Gravity.

In the TV categories, HBO's Liberace biopic, Behind the Candelabra, continued the awards dominance it started at the Emmys in September with wins for the film itself and star Michael Douglas, while Breaking Bad enjoyed a post-series finale victory lap, nabbing Globes for the series itself and for star Bryan Cranston.

Netflix's House of Cards earned its first Golden Globe, going to Best Actress in a TV Drama winner Robin Wright.

Jacqueline Bisset, who won for her supporting work in the TV miniseries Dancing on the Edge provided the first awkward moment of the night with a pause-filled acceptance speech during which she worked in a profanity and advice from her mother: "Go to hell, and don't come back."

But that was just the beginning in a night full of off-kilter moments. Best song winner Alex Ebert started off his speech by recounting a party encounter with presenter Sean Combs.

Top of the Lake star Elisabeth Moss opened her best actress in a miniseries or TV drama speech with a simple, overwhelmed expletive, and best screenplay winner Spike Jonze, startled by music swelling up to play him off, countered with "Hey wait, I just got started."

The Best of Tina and Amy:

Three of their best quips:

- "[Gravity is] the story of how George Clooney would rather float away into space and die than spend one more minute with a woman his own age."
- "For his role in Dallas Buyers Club, [Matthew McConaughey] lost 45 pounds. Or what actresses call being in a film."
- "We're going to get this show done in three hours, or as Martin Scorsese calls it, Act One."



Bryan Cranston wins best actor in a TV series drama for Breaking Bad.

Online



For more red carpet looks and complete Golden Globes results, visit metronews.ca.

2 SCENE

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes The Week

Styles won't be keeping up with the Kardashians



STARGAZING
Malene Arpe
scene@metronews.ca

Harry Styles, who is dating Kendall Jenner, has reportedly made it clear he will not appear on *Keeping Up with the Kardashians*. "You're such a precious little thing," said Kris Jenner. "But I got Kanye West on the show. I think I can deal with you."

This past Monday was what is considered the most depressing day of the year.



That is clearly nonsense, as Monday is when I heard that in the Wachowskis' *Jupiter Ascending*, Channing Tatum will play a half-wolf, half-human albino warrior. #sosohappy.

Billy Ray Cyrus is doing a hip hop remix of *Achy Breaky Heart*. As long as he isn't doing a Baroque remix of his mullet.



Hilary Duff and Mike Comrie. ALL PHOTOS GETTY IMAGES

No fairy-tale ending for Duff and Comrie

Ah, weekends. The perfect time to relax, sleep in, and grab brunch. Or if you're a celebrity, get married or divorced. So here are this past weekend's notable unions and dissolutions. First up is Hilary Duff and ex-NHL star Mike Comrie, who announced in a statement over the weekend that they "have mutually decided to an amicable separation" and will "remain best friends and will continue to be in each other's lives." The two are parents to toddler Luca, of whom they'll have joint custody. Meanwhile, Pamela

Anderson and pop culture footnote Rick Salomon (remember him? He's the guy who made Paris Hilton famous when he starred as the other half in that sex tape) announced their marriage over the weekend. "We're very happy," Pamela disclosed to E!. "Our families are very happy and that's all that matters." It's the second marriage for the couple — to each other. They were briefly tabloid fodder in 2007 when they were married for 10 weeks. **DOROTHY ROBINSON/METRO WORLD NEWS**

Bynes a no-show at fashion school

Amanda Bynes is going back to school — or at least, it seems she was planning to. The troubled former child star reportedly enrolled for classes that began last week at the Orange County campus of the Fashion Institute of Design and Merchandising, though she was apparently a no-show on the first day, according to E! News. Bynes had made it clear via her lawyer that once



Amanda Bynes

she was out of treatment at a psychiatric facility she wanted to pursue a career in fashion.

Twitter



@ABFalecbaldwin
Abuse of political power is unforgivable.



@officialjaden
I'm Slowly Realizing I Need To Make A Trip Out To Norway



@Joan_Rivers
Heading back to NYC from L.A. Everything is so fake and plastic in L.A. — you'd think I'd fit right in, but I'm excited to be going home!



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Above, Blake as a happy 7 year-old.
Now you know where homeless adults can come from.

(Blake, currently homeless)



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Push them out of the plane and stand back

Skydive Plane Parent.

We've heard of helicopter parenting, but Metro's columnist has a new approach — allowing your kids to be (gasp) independent



IT'S ALL RELATIVE
Kathy Buckworth
kathybuckworth.com

While watching a news segment on "Helicopter Parents," my daughter turned to me and said, "You're not a Helicopter Parent," which was not news to me. She continued, "You're more like a 'Skydive Plane Parent.' You push us out and don't look back." She paused and added, "You sometimes give us a parachute."

I am not sure if she meant this as a compliment or a complaint but I took it as the former.

Yes, I confess, I make my kids go to school when it's cold, but I don't think making your children go to school on a school day when it's safe to do so is pushing them out of a plane or otherwise. In fact, it is pretty much what we in the work world merely call "meeting expectations."

But maybe I'm harsh. I've also been known to let my son (then eight) start a dog walking business where he had to (gasp) walk the dogs on his own around



Don't baby them, they can handle making a sandwich and salad for lunch. ISTOCK

our quiet neighbourhood. This resulted in calls from concerned parents that he was on his own (of course to which my response was, "I hope he had a dog with him or he's fired").

At age nine I let him ride his bike to school, by himself, crossing a busy intersection.

My 11- and 14-year-olds routinely get themselves

breakfast, make their lunch and get out to the bus or walk to school when both my husband and I have to leave the house hours before they do.

They've been going to public washrooms by themselves since they could figure out the "M" versus "W" signs on the doors.

When my 14-year-old informed me I had to miss

going out to a long-planned evening event because she needed me to help her study, as she had procrastinated, I answered with, "Are you new here?"

I had a good time at the event, thanks for asking.

I'm not always that mean. My 19-year-old son had his wallet and phone stolen in New Zealand, and I did help him. I cancelled

the phone and his credit card.

Do these actions make me a "Skydive Plane Parent"? OK then. I push them, they keep coming back. Replace that umbilical cord with a rip cord. Give them the chance to exceed your expectations.

KATHY BUCKWORTH IS THE AUTHOR OF I AM SO THE BOSS OF YOU: A 8-STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS

3
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TOP SIX @ 6
Weeknights at 6 KB counts down the HOTTEST songs of the day

- 6 Passenger Let Her Go
- 5 Miley Cyrus Adore You
- 4 Beyonce XO
- 3 Classified Pay Day
- 2 Eminem ft Rihanna The Monster
- 1 Pitbull ft Ke\$ha Timber

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More than just a pretty face: Spinach salad with squash, almonds and more



**TOTAL
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ABOUT 30
MINUTES**

This recipe serves six and contains 320 calories per serving. ROSE REISMAN



ROSE REISMAN
For more, visit
rosereisman.com or
follow her on twitter
@rosereisman

You'll be surprised to find the abundance of nutrients that exist in this delicious and attractive salad.

The spinach, butternut squash and pomegranate seeds give you a trio of daily required vitamins and minerals. Spinach contains antioxidants that can fight cataracts, heart disease and certain cancers. Butternut squash is an excellent source of vitamin A, which gives you better skin and better eyesight. Pomegranates are known to help combat prostate cancer and Type 2 diabetes.

To access the seeds from a pomegranate, slice horizontally and, over a bowl, tap the skin-covered half with a wooden

spoon until the seeds release.

The candied toasted almonds give you a special treat when you bite into this salad and they are so easy to achieve. You can prepare these nuts in advance and keep them stored in any airtight container.

This salad explodes with flavour and super foods but you can add some grilled protein, such as chicken, fish or meat, to make it a complete meal. If meat isn't your thing, you can add one cup of cooked grains such as quinoa or brown rice.

Directions

1. Preheat oven to 375 F. Line two baking sheets with foil and lightly coat with cooking spray.

2. Almonds: rinse with cold water. Drain but do not let dry. Place them in a bowl and add the 3 tbsp of brown sugar, cinnamon, nutmeg and ground ginger. Toss to coat. Spread out

FLASH FOOD



From your fridge
to your table in
30 minutes or less

on one prepared baking sheet.

3. Meanwhile, mix squash cubes with 1 tbsp brown sugar and 2 tbsp maple syrup and place on other baking sheet. Bake nuts 8 minutes just until nuts begin to brown. Remove and let cool. Then chop. Bake squash for 20 minutes or just until tender. Cool slightly.

4. Salad: place the spinach, pomegranate seeds and squash in a large serving bowl.

5. To make the dressing whisk together the garlic, mustard, cider vinegar, 2 1/2 tbsp maple syrup, olive oil, lemon juice and salt and pepper in a small bowl.

Ingredients

Almonds

- 1/3 cup whole almonds
- 3 tbsp brown sugar
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp ground ginger

Salad

- 12 oz butternut squash, cut into 1-inch cubes

- 1 tbsp brown sugar
- 2 tbsp maple syrup
- 8 cups baby spinach
- 1/2 cup pomegranate seeds

Maple Dressing

- 1 tsp minced garlic
- 1/2 tsp Dijon mustard
- 1 tbsp cider vinegar
- 2 1/2 tbsp maple syrup
- 3 tbsp olive oil
- 2 tsp lemon juice
- pinch of salt and pepper

Pour the dressing over the salad and toss. Top with the chopped almonds.

'Round the world wisdom

Build momentum when gravity is on your side



LESSONS FROM
THE DESERT
Stefan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly

after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

Desert running, like most of life's projects, is rarely level. The vast majority of the Gobi race was run either up or downhill. Little of the course was flat: the starting elevation was 5,000 feet, the peak was 10,000 feet and the finish back down at

4,200 feet.

While most serious gains on competitors were earned while running uphill, where the speed of a strong climber is a significant advantage, I found that the downhill was the most unused opportunity.

Whenever gravity was on my side, I chose to push harder and go as fast as I could. Almost every time, I separated from my competitors and advanced far more than when running uphill.

Typically when we take on a difficult project,

like running a desert, we experience arduous uphill battles, simple flat sections, and other moments that appear effortless like a downhill. When stages seem effortless, most of us tend to become complacent instead of making bigger gains and leaping ahead. In fact, we slow ourselves down. This comes at a huge cost to which we are blind, as employing more speed downhill not only helps us make fast progress, it also gives us momentum on the flat section that follows.



Take advantage of the times that the road of life offers you an easy street.
ISTOCK

And it can even power us over the next challenge.

Turn that effortless moment into momentum, or

what I call "free" speed.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

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Curling

Smith rink wins provincial crown

It came down to the final shot, but Heather Smith made it count on Sunday at the Sydney Curling Club.

Smith and her Mayflower Curling Club rink captured the 2014 Nova Scotia Scotties Tournament of Hearts with a 6-3 win over Kelly MacIntosh of the Dartmouth Curling Club.

Smith used her last stone to score three in the 10th end to capture the see-saw final.

Smith is joined by mate Jillian Brothers, second Blisse Joyce and lead Teri Lake. They finished the tournament unbeaten with an 8-0 record.

"It's always a great feeling to be a provincial champion," Smith said. "To win it on last rock is a huge high. It feels great."

They'll represent Nova Scotia at the Scotties Tournament of Hearts women's national curling championship in Montreal, Feb. 1-9.

T.J. COLELLO/CAPE BRETON POST



Heather Smith, right, and her rink from Mayflower Curling Club captured the 2014 Nova Scotia Scotties Tournament of Hearts on Sunday. From left, lead Teri Lake, second Blisse Joyce and mate Jillian Brothers.

T.J. COLELLO/CAPE BRETON POST

AUS basketball

Huskies' perfect record still intact

The Saint Mary's women's basketball team remains unbeaten after a pair of victories over the Saint Francis Xavier X-Women and University of P.E.I. Panthers at the Homburg Centre over the weekend.

The Huskies outscored the Panthers 53-17 over the final two quarters on Saturday, en route to an 88-51 victory. Huskies forward Laura Langille led all scorers with 21 points.

Friday's matchup proved a little tougher for the home squad, but a 41-30 halftime Huskies lead proved too much for the X-Women to overcome in an 82-75 loss. Huskies guard Rachelle Coward scored a game-high 22 points. **METRO**

Inspired Rainmen halt losing streak

NBL Canada. Halifax avoids another loss with 19-point come-from-behind win



ANDREW RANKIN

andrew.rankin@metronews.ca

JuJuan Cooley almost found himself accustomed to the losing.

Who could blame the affable Halifax Rainmen guard, who went into Sunday's home game against the Island Storm weighed down by his team's dismal 3-20 record?

When the Rainmen found themselves down 19 points in the second quarter, it appeared inevitable that Cooley and Co. would go down in flames. That is until the Rainmen pushed back with an inspiring 96-88 victory over the fourth-place Storm before 1,423 fans at the Metro Centre.

"It felt like forever since we last won," said Cooley after the victory.

"It's a long game and we played it point by point, played great defence. That was the key to the win."

Beginning the game out of sorts, the Rainmen fell behind 27-14 after the first quarter. But the home squad slowly climbed back.

Malcolm Grant's back-to-back buckets — capped by a clutch three-pointer — gave the Rainmen an 85-81 lead and the breathing room they needed with two minutes left



Chris Matthews of the Halifax Rainmen, right, makes a push towards the basket while the Island Storm's Shawn Vanzant defends during NBL Canada action at the Halifax Metro Centre on Sunday. JEFF HARPER/METRO

Quoted

"We were down but we weren't down on ourselves."

Rainmen guard JuJuan Cooley

in regulation time.

Chris Matthews, a recent pickup from the Saint John Mill Rats, rose to the occasion, finishing with a game-high 25 points.

"Coach Craig (Hodges) told me just to calm down," Matthews said. "As a shooter

you can't just take every shot that's given to you. You choose your spots, take deep breaths and take the shots. You see the results."

A look at the stats sheet told part of the story. In the bench-scoring department, Halifax topped the Storm

52-34 and outrebounded the visitors 57-44. For Matthews, it all started with defence.

"Defence wins games," he said. "Coach Craig has emphasized that if we lay down the defence, the offence will come. It did."

The Rainmen will hit the road Thursday to take on the Moncton Miracles.

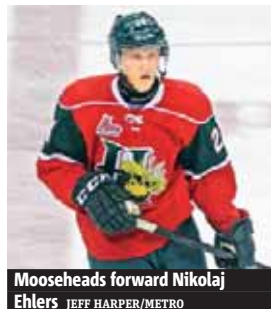
"We have the best athletes in the league," said Matthews. "Now it's time to use that to our advantage."

Recharged Mooseheads take down Titan

Like his Halifax Mooseheads teammates, Nikolaj Ehlers woke up Saturday morning determined to redeem himself.

Coming off Friday's uninspiring 5-1 home loss to the Moncton Wildcats, the Mooseheads' leading scorer wasted little time finding his rhythm.

Just four minutes into the contest, a crowd of 8,779 Metro Centre fans erupted after the 17-year-old rookie opened the scoring with his 24th goal of the season. His 25th broke a 2-2 tie early in the middle frame, and the Mooseheads held on for a solid 4-2 bounce-back victory over



Mooseheads forward Nikolaj Ehlers JEFF HARPER/METRO

the Bathurst Titan.

"Everybody came into today's game with great motivation," said Ehlers. "We were

all really ready for this game today and we all knew that we had to win. It was great to see the guys' hard work pay off."

By no means did the Mooseheads put on an offensive clinic. But it was their stifling defence that prevented the Titan from gaining any momentum, limiting them to just 19 shots.

Mooseheads netminder Kevin Darveau had a solid game between the pipes. After his 10th straight start since Zach Fucale departed for the world juniors, Darveau will go back to his regular No. 2 role.

No doubt it was a challenging stretch for the Moose-

heads rookie, who endured plenty of ups and downs, but in the end played largely solid for a team that battled through several key injuries.

"I had a lot of action and that's the way I like it," said Darveau, who finished with a 4-6 record over his 10-game stint. "Overall, I think I did pretty good job."

The Mooseheads (27-16-0-1) now prepare to close out their home stint against the Charlottetown Islanders on Wednesday, in which both Jonathan Drouin and Fucale are expected back in the lineup.

ANDREW RANKIN/METRO

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4 SPORTS

Peyton prevails over postseason pressure

NFL playoffs. Broncos hold off a 4th-quarter Chargers comeback to set up Brady vs. Manning

Peyton Manning welcomed Wes Welker back into the lineup with a touchdown toss and the Denver Broncos narrowly avoided a repeat of their playoff slip from last year, advancing to the AFC championship game with a 24-17 win over the San Diego Chargers on Sunday.

The Broncos (14-3) controlled the game for 3 1/2 quarters before Philip Rivers capitalized on an injury to cornerback Chris Harris Jr. to stage a comeback reminiscent of Baltimore's shocking win at Denver exactly a year earlier.

This time, however, Manning rescued the Broncos from the brink of another crushing collapse and sent them into the



Peyton Manning marches off the field after beating the Chargers.
CHRISTIAN PETERSEN/GETTY IMAGES

title game for the first time in eight seasons.

They'll host the New England Patriots (13-4) on Sunday. Get ready for Brady vs. Manning once more.

In the most recent matchup of QBs with Hall of Fame cre-

Divisional round	
24	17
Broncos	Chargers

dentials, Tom Brady and the Patriots rallied past Manning and the visiting Broncos 34-31 in overtime on Nov. 24.

"It's the Broncos versus the Patriots, and certainly Tom and I have played against each other a lot," Manning said after beating San Diego. "But when you get to the AFC championship, it's about two good teams that have been through a lot to get there."

Manning, in the playoffs for a record 13 seasons as a quarterback, ended a personal three-game post-season skid.

THE ASSOCIATED PRESS

NHL

Leafs end slide with win over Devils

It wasn't a masterpiece, but the Toronto Maple Leafs' losing streak is over.

James van Riemsdyk

scored the shootout winner as the Leafs beat the New Jersey Devils 3-2 Sunday night at Air Canada Centre to end their skid at four games. It was their first victory since the Winter Classic.

During regulation, Tyler Bozak and van Riemsdyk

scored for Toronto (22-20-5). Adam Henrique and Ryane Clowe had New Jersey's goals.

Leafs goaltender Jonathan Bernier stopped 36 of the 38 shots he faced to get his 14th win.

THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	45	29	14	2	129	98	60
Tampa Bay	45	27	14	4	132	109	58
Montreal	46	26	15	5	117	107	57
Detroit	46	20	16	10	118	127	50
Toronto	47	22	20	5	128	143	49
Ottawa	46	20	18	8	131	146	48
Florida	45	17	21	7	105	139	41
Buffalo	44	13	26	5	77	121	31

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	47	33	12	2	152	112	68
Washington	45	22	16	7	136	135	51
NY Rangers	47	24	20	3	118	124	51
Philadelphia	46	23	19	4	121	129	50
New Jersey	47	19	18	10	108	117	48
Carolina	45	19	17	9	111	128	47
Columbus	45	21	20	4	126	129	46
NY Islanders	47	18	22	7	130	152	43

Sunday's results

Buffalo 2 Washington 1 (SO)
NY Islanders 4 Dallas 2
Toronto 3 New Jersey 2 (SO)
Chicago 5 Edmonton 3
NY Rangers 4 Philadelphia 1
Minnesota 4 Nashville 0
Anaheim 1 Detroit 0

Saturday's results

Tampa Bay 6 Philadelphia 3
Montreal 2 Chicago 1 (OT)
Ottawa 2 Nashville 1 (SO)
Columbus 6 Winnipeg 3
New Jersey 2 Florida 1 (OT)
Colorado 4 Minnesota 2
Anaheim 5 Phoenix 3
Pittsburgh 2 Calgary 1
Detroit 3 Los Angeles 1
Boston 1 San Jose 0

Friday's results

NY Rangers 3 Dallas 2
Washington 3 Toronto 2
Columbus 3 Carolina 0
NY Islanders 2 Colorado 1 (OT)
Edmonton 4 Pittsburgh 3 (OT)
Vancouver 2 St. Louis 1
Monday's games — All Times Eastern
Calgary at Carolina, 7 p.m.
Tampa Bay at Columbus, 7 p.m.
Phoenix at Winnipeg, 8 p.m.
Vancouver at Los Angeles, 10:30 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	48	30	8	10	175	132	70
St. Louis	44	31	8	5	161	99	67
Colorado	45	28	12	5	132	115	61
Minnesota	48	25	18	5	118	119	55
Dallas	45	20	18	7	127	139	47
Nashville	47	19	21	7	109	141	45
Winnipeg	47	19	23	5	128	145	43

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	48	35	8	5	161	119	75
San Jose	46	28	12	6	148	116	62
Los Angeles	46	27	14	5	119	96	59
Vancouver	46	24	13	9	123	114	57
Phoenix	44	21	14	9	133	136	51
Calgary	45	15	24	6	101	144	36
Edmonton	48	15	28	5	126	169	35

Note: Two points for a win, one point for overtime loss.

SCORING LEADERS

	G	A	Pts
Crosby, Pgh	25	42	67
Kane, Chi	23	31	54
Tavares, NYI	20	34	54
Getzlaf, Ana	23	30	53
Thornton, SJ	5	45	50
Perry, Ana	25	24	49
Kunitz, Pgh	24	25	49
Sharp, Chi	25	23	48

Not including last night's games

NFL

DIVISIONAL PLAYOFFS

Sunday's results

San Francisco 23 Carolina 10
Denver 24 San Diego 17

Saturday's results

Seattle 23 New Orleans 15
New England 43 Indianapolis 22

CONFERENCE CHAMPIONSHIPS

Sunday, Jan. 19

New England vs. Denver
San Francisco at Seattle

SUPER BOWL

Sunday, Feb. 2

At East Rutherford, N.J.
AFC champion vs. NFC

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	29	7	.806	—
d-Miami	27	10	.730	2 1/2
Atlanta	20	18	.526	10
d-Toronto	18	17	.514	10 1/2
Chicago	17	18	.486	11 1/2
Washington	16	19	.457	12 1/2
Detroit	16	22	.421	14
Brooklyn	15	22	.405	14 1/2
Charlotte	15	23	.395	15
New York	14	22	.389	15
Cleveland	13	24	.351	16 1/2
Boston	13	25	.342	17
Philadelphia	12	25	.324	17 1/2
Orlando	10	27	.270	19 1/2
Milwaukee	7	29	.194	22

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	29	8	.784	—
d-Portland	28	9	.757	1
Oklahoma City	28	9	.757	1
d-L.A. Clippers	26	13	.667	4
Golden State	25	14	.641	5
Houston	24	14	.632	5 1/2
Phoenix	21	15	.583	7 1/2
Dallas	22	16	.579	7 1/2
Denver	19	17	.528	9 1/2
Minnesota	18	19	.486	11
Memphis	17	19	.472	11 1/2
New Orleans	15	21	.417	13 1/2
L.A. Lakers	14	22	.378	15
Sacramento	13	22	.371	15
Utah	12	26	.316	17 1/2

d-division leaders

Sunday's results

Sacramento 124 Cleveland 80
Memphis 108 Atlanta 101

San Antonio 104 Minnesota 86

Saturday, January 11

Houston 114 Washington 107
Toronto 96 Brooklyn 80

Detroit 110 Phoenix 108

New York 102 Philadelphia 92

Oklahoma City 101 Milwaukee 85

Chicago 103 Charlotte 97

Dallas 110 New Orleans 107

Denver 120 Orlando 94

Portland 112 Boston 104

Monday's games — All Times Eastern

Milwaukee at Toronto, 7 p.m.

Houston at Boston, 7:30 p.m.

Phoenix at New York, 7:30 p.m.

Washington at Chicago, 8 p.m.

San Antonio at New Orleans, 8 p.m.

Orlando at Dallas, 8:30 p.m.

Denver at Utah, 9 p.m.

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January 13

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Horoscopes

Aries

March 21 - April 20

No matter how many times you have fallen short in the past you will succeed this week so make the most of it – show the world what a star you really are.

Taurus

April 21 - May 21

Don't listen to those who counsel caution. The only reason they don't want you to do anything adventurous is because they are worried it will make them look bad.

Gemini

May 22 - June 21

Your values will change in important ways over the next few days, especially in how you look at money. What you need to learn is that it's not what you earn that counts but what you do with what you've got.

Cancer

June 22 - July 23

Even if you disagree with someone on a point of principle you can still work together, so stay on good terms and seek a compromise solution.

Leo

July 24 - Aug. 23

You may know what you are after but you still need help in getting it. If you don't ask for assistance today you may find yourself being left behind on the work front.

Virgo

Aug. 24 - Sept. 23

The Sun is on your side and your confidence is high, so do something special over the next few days. By this time next week it won't be so easy to stand out, so give it your all, creatively and romantically, while you can.

Libra

Sept. 24 - Oct. 23

You may feel sorry for someone whose luck appears to have deserted them but you are still advised to keep your distance and not get personally involved.

Scorpio

Oct. 24 - Nov. 22

You seem to be more open towards strangers than usual and that's good because someone you meet over the next few days could become not just a friend but also a business partner.

Sagittarius

Nov. 23 - Dec. 21

Something will happen over the next 24 hours that makes you feel a lot better about your long-term prospects. It will also make you realize that wealth is as much a state of mind as anything else.

Capricorn

Dec. 22 - Jan. 20

The Sun remains in your birth sign only until the 20th, so you have a week to make things happen. You can still make things happen after that date but there will be more obstacles for you to overcome.

Aquarius

Jan. 21 - Feb. 19

You will take the chance to help someone in need and won't think twice about it. However, make clear that you expect them to look after themselves after that.

Pisces

Feb. 20 - March 20

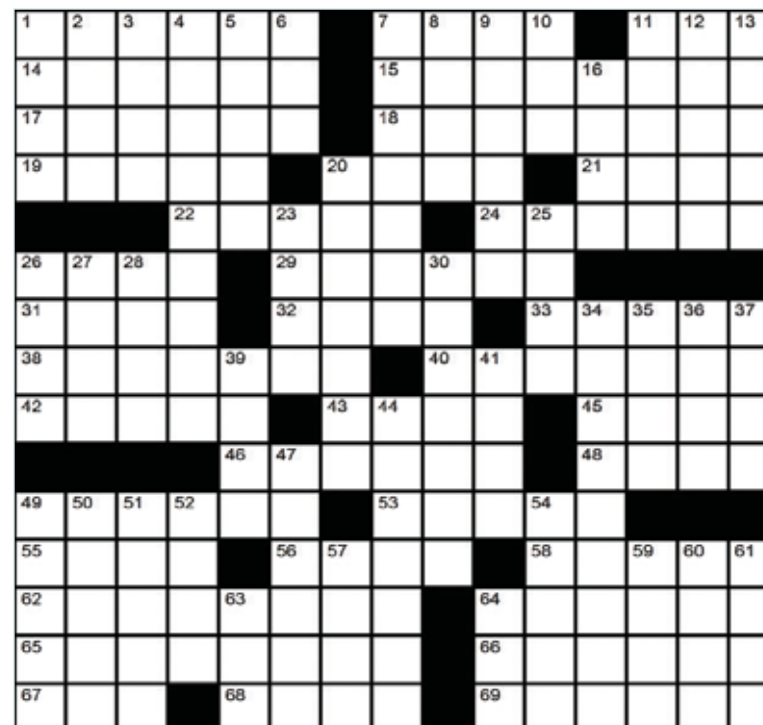
You will leave your task to the last minute today – and because you have to act fast and without thinking will most likely make a good job of it. Living on the edge is OK but not all the time. SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Jewellery fasteners
7. Rapini, aka Broccoli
11. Caesar's 1002
14. Hilo's home
15. They lay in north-east Alberta: 2 wds.
17. Wired to the web
18. Drew and Jonathan Scott, The Property
19. "It ___ Me" by Shaggy feat. Rikrok
20. MGM co-founder, Marcus
21. Francoise's friend
22. Baseball: Up

24. Lowest
26. "The Exorcist" (1973) actor, ___ . Cobb
29. Ms. Bronte's
31. "Pay ___ mind."
32. Pet shelter org.
33. ___ d'art
38. Advocate: 2 wds.
40. Castle towers
42. Tuscan city
43. Chemical suffixes
45. Mr. Estrada
46. Silk-like fabrics
48. Partners for Tacs (Mint candies)
49. Those using the '___ sign'
53. Music: Sister duo from Australia
55. Tide type
56. After mil. combat affliction
58. "Monster- ___ - ___"



- (2005)
62. Ottawa-___, Canada's Capital Region
64. '80s series, "Remington ___"
65. MuchMusic's legendary "___ Circus"
66. Breadwinner
67. Business name

- abbr.
68. Diner side order
69. Region of France

Down

1. Purina Cat ___
2. Ms. Turner
3. Cobbler's tools
4. New Brunswick city: 2 wds.

5. Patched-coat horse
6. "Sprechen ___ Deutsch?"
7. "I wanna be reprogrammed." goes this Hannah Georgas tune
8. 'Million' suffix
9. Move, as tumble-

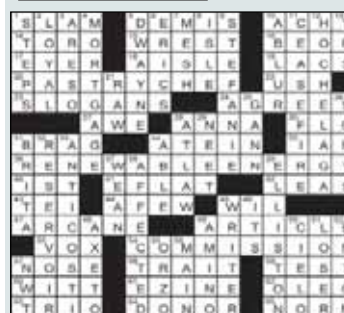
- weed: 2 wds.
10. Cheers ___. 1895
11. Boeotian Muse of memory
12. "Mandela: Long Walk to Freedom" (2013) star Mr. Elba
13. "The table ___!" (Supertime exclamation)

16. Gotchas!
20. Eel variety
23. Kiss, in Madrid
25. Biblical instrument
26. Gloss-placing spots
27. Dainty case
28. 'Susp' suffix
30. Grew less light in the day
34. Some denizens of Nova Scotia, Cape ___
35. Ms. Ryan of "Star Trek: Voyager"
36. 'Synth' suffix
37. Disapproves
39. Hilary of "Love It or List It"
41. Known-by-letters land
44. 1668: Ship in the Hudson's Bay Company's history
47. Kansas motto: 'Ad astra per ___' (To the stars through difficulties)
49. Winged figure
50. Gave out
51. Courted
52. Heroic
54. Winnipeg area, St. ___
57. Cocktails, Mai ___
59. Ms. Horne
60. Novelist Mr. Waugh
61. Are, in the past
63. Utmost degree
64. Baltic, for one

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

Friday's Crossword

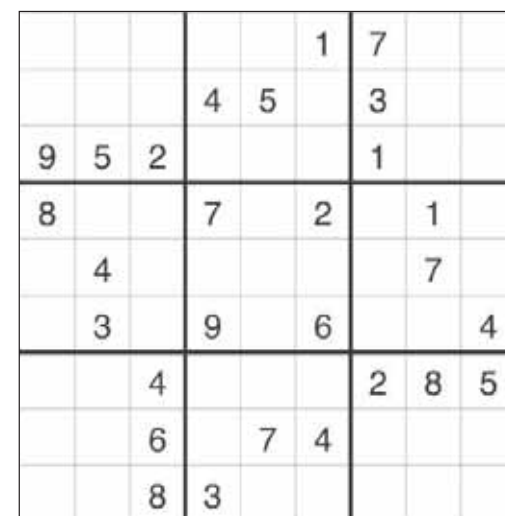


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



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